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EASY LOW-CARB DINNERS

These light, healthy meals won't have you slaving long and hard in the kitchen - proof that simplicity can be delicious!



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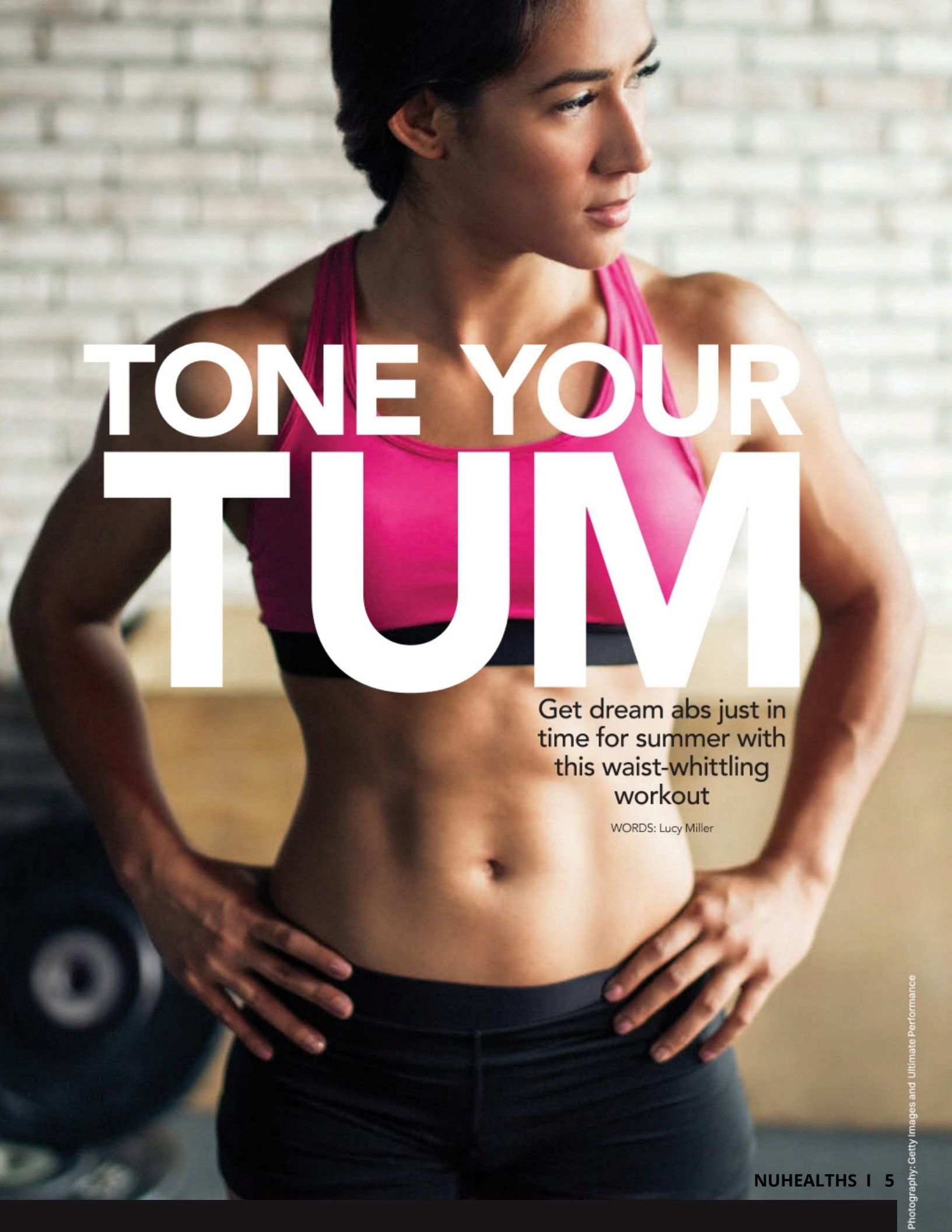
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THE FITNESS AND WEIGHT LOSS MAGAZINE



TONE YOUR TUM

Get dream abs just in
time for summer with
this waist-whittling
workout

WORDS: Lucy Miller

Losing belly fat may seem like an endless quest but Elliott Upton, from Ultimate Performance (ultimateperformance.com), says it's easier to achieve than you think. 'The secret behind the most effective fat-loss workout is simple,' he explains. 'You need to perform big compound movements with a good level of intensity and at a frequency that forces your body to adapt, without compromising recovery.' In short, you must do full body movements at a high intensity and do them consistently around four times a week. 'Doing these big exercises

with resistance not only hits every muscle to boost fat loss and strength, but also helps you build active lean muscle tissue which encourages the body to burn more calories even at rest,' adds Upton. Read on to give it a go...

THE WORKOUT

'Targeting the legs, glutes, chest and core, this workout aims to focus on balancing your shape and giving you a tight, toned and feminine figure,' says Upton. 'In addition to the muscle-building, calorie-burning powers of compound exercises, these seven moves will require your core muscles to be constantly engaged. This

not only means that your abs get a great workout, but any additional fat covering them is also going to be well and truly zapped!'

HOW TO DO IT

Perform this workout 3-4 times per week and on alternating days. Warm up first by performing one round of the exercises using your bodyweight. Complete all the exercises in order, performing each one for 40 seconds (each side where necessary) and taking 20 seconds of rest between moves. Rest for a few minutes between rounds and repeat 3-5 times. Aim to beat your last performance by lifting more weight or doing more reps.

1. REAR FOOT ELEVATED SPLIT SQUAT

Works glutes, quads, abs and obliques

- Start with your feet shoulder-width apart and step one foot back, resting the top of the foot on a bench or a similarly low platform.
- Drop your back knee down towards the floor and drive your front knee forward to close the gap between your hamstrings and calf.
- In the bottom position, your front foot should be flat, and your back knee bent at 90° while being 1-2 inches above the floor.
- Pause for a moment at the bottom, keeping your upper body braced and tension in your legs.
- Push through your front leg to reverse the motion to return to the start position. Repeat.

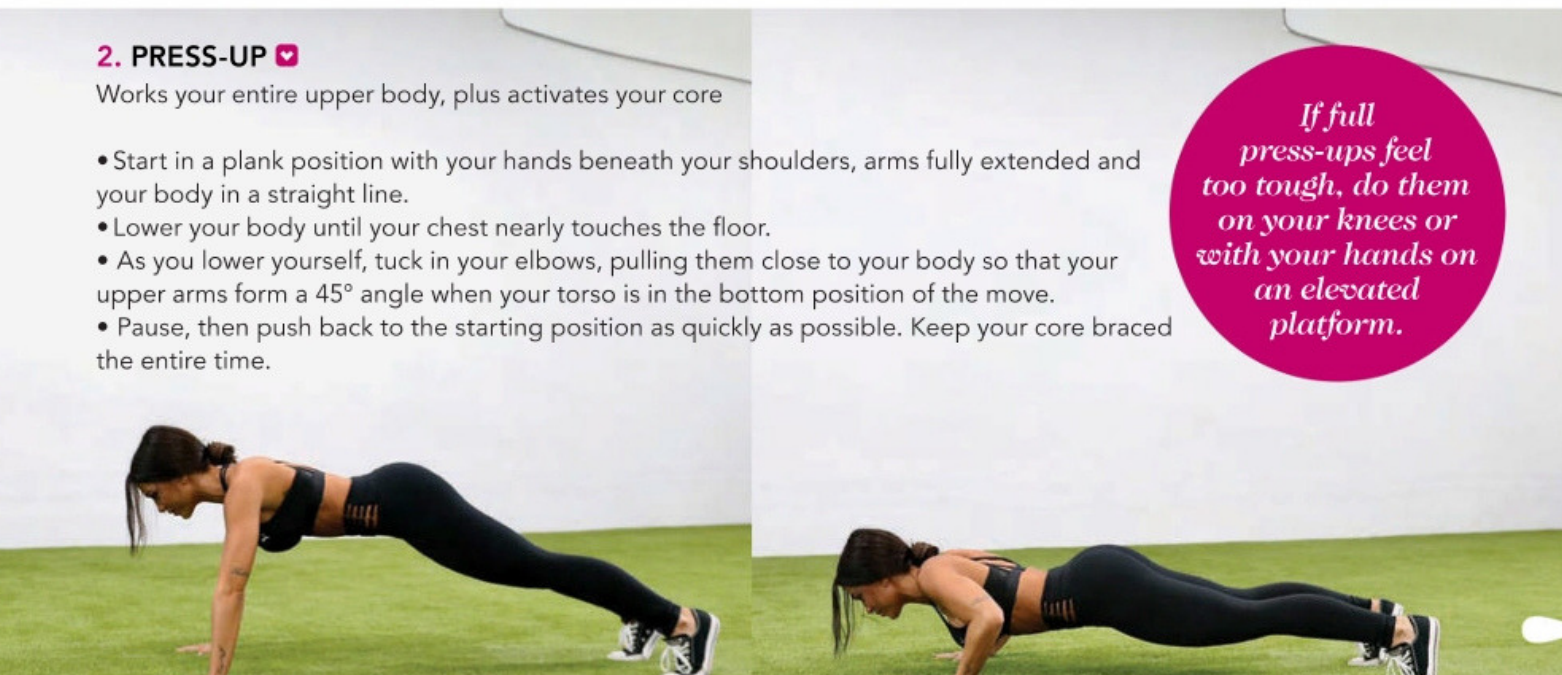


2. PRESS-UP

Works your entire upper body, plus activates your core

- Start in a plank position with your hands beneath your shoulders, arms fully extended and your body in a straight line.
- Lower your body until your chest nearly touches the floor.
- As you lower yourself, tuck in your elbows, pulling them close to your body so that your upper arms form a 45° angle when your torso is in the bottom position of the move.
- Pause, then push back to the starting position as quickly as possible. Keep your core braced the entire time.

If full press-ups feel too tough, do them on your knees or with your hands on an elevated platform.



3. HIP THRUSTS 🍑

Works your glutes and hamstrings while strengthening core stabiliser muscles

- Sit on the floor with your shoulder blades against a bench or step, resting a barbell or dumbbell on your hips.
- Keeping your chin tucked in, push up through your hips to lift your bum off the floor.
- Clench your bum at the top – your shoulders, hips and knees should be in a straight line.
- Lower back down in a slow, controlled movement. Repeat.



4. BIRD DOG 🐦

Strengthens your core, hips and back muscles

- Start on all fours with your hands directly beneath your shoulders, back straight and tummy button pulled in.
- Keep your eyes on the floor 2-3 feet in front of your fingertips to ensure a neutral spine.
- Take a deep breath in, before slowly exhaling and extending your opposite arm and leg, pushing them away from you as far as is possible.
- Squeeze your glutes hard, fully extending your leg, then pause for a moment before slowly lowering back to the start position and repeating the entire movement.



5. PLANK 🍑

Works your core, lower back, shoulders and arms

- Start by lying on your front with your elbows bent at 90° and your forearms resting on the floor. Your legs should be straight out behind you.
- Tuck your toes under, engage your abs and lift your hips off the floor so that your bodyweight is evenly distributed between your forearms and your feet.
- Keep your shoulders directly above your elbows and look at the floor.
- Focus on keeping your abs and glutes squeezed hard throughout so that your body is in a straight line from shoulders to ankles.

6. SQUAT 🍷

Works your abs and core extra hard to keep your body upright

- Stand with your feet shoulder-width apart, keep your chest up and core engaged.
- Holding a dumbbell in front of your chest, keep your back straight and core engaged as you sit your hips back and bend your knees to lower down into the squat position.
- When your hamstrings are in a horizontal position, pause. Then, keeping the weight in your heels, straighten your knees and drive your hips back to the starting position. Repeat.



7. BOWMAN CRUNCH 🍷

Targets your lowers abs and entire core section

- Lie on your back with your knees bent at 90° and your feet flat on the ground.
- Put your hands on your knees, keeping your core engaged and elbows tucked in to your rib cage.
- Keeping your chin tucked in close to your chest and pressing your lower back to the ground, drive your elbows towards the tops of your knees and 'crunch your trunk' until you feel the full contraction in your abdominal muscles.
- Slowly descend to the starting position and repeat. 10

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The chocolatey TRUTH

So you know that dark chocolate is better for you than milk, but what about its other perceived health benefits? With Easter coming up, **Stephanie Anderson Witmer** unwraps the truth.

As if the thought of savouring a square (or a whole bar) of dark chocolate wasn't enticing enough, dark chocolate's health claims are pretty appealing, too. We've heard everything: It lowers blood pressure, busts stress, improves cognitive function, protects your skin, and more. But before you eat your way to the bottom of a heart-shaped box, check out what experts have to say about how healthy it actually is.

SWEET BENEFITS

There's been lots of research into dark chocolate, but the hype has outpaced the science. Translation: Dark chocolate won't instantly or directly accomplish any of the above. What is certain is that cocoa is rich in three types of flavonoids – phytochemicals with anti-inflammatory and antioxidant powers that are found in nearly all plant-based foods. This is important because chronic inflammation is linked to conditions such as diabetes, rheumatoid arthritis, metabolic syndrome, asthma, heart disease and cancer.

"These compounds also benefit cardiovascular health by improving blood flow, reducing the risk of clotting, and improving blood pressure levels," says dietitian Whitney Linsenmeyer, PhD. Cocoa is also rich in iron, zinc, copper and magnesium, all critical minerals needed for healthy blood, immunity and cell growth.

HOW TO CHOOSE

Reach for dark chocolate with a cocoa percentage of 70 per cent or higher. (More cocoa equals more flavonoids.) 'Chocolate', 'cocoa' or 'cacao' should appear first on the ingredients list, which means the chocolate contains the most of this by weight. If 'sugar' is first on the list or you see words you can't pronounce, steer clear, or you'll likely be pumping yourself full of empty kilojoules as well as fillers, which negate all the good stuff, says Lisa R. Young, PhD, a professor of nutrition and author of *Finally Full, Finally Slim*.

And pay attention to the label: Dutch-processed cocoa tends to have a reduced flavonoid content because of how the chocolate is processed, while one recent study found that cocoa beans from Colombia had the highest flavonoid content, likely because of plant variety and geography.

SERVING SIZE

There's no magic quantity of dark chocolate you need to eat to get those flavonoids; the dosage used in studies varies. But experts agree that you should treat it like you would any other sweet indulgence and consume it in moderation. "It's best reserved as a treat," Dr Young says. "Yes, it does contain antioxidants, flavonoids, vitamins and minerals, but let's not call it a health food – it still contains plenty of sugar and fat." **P**



FOR MILK CHOCOLATE LOVERS

If 'dark' chocolate tastes too bitter for you, 'dark milk' chocolate is a pretty sweet compromise. It has less sugar and more cocoa than traditional 'milk' chocolate, which may have as little as 10 per cent cocoa. If it says 'milk' chocolate but has a cocoa percentage of 38 per cent or higher, you'll know that it's 'dark milk'. Organic is best, so track down an organic brand of chocolate if you can.

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No matter what your aim or how fast you are, chasing a personal best is a great challenge. We show you how to run a speedy 5K...

GOAL

Events are hopefully coming back. Following the government's roadmap to easing lockdown, parkrun has announced a plan to return to its 5K timed runs in the UK* and England Athletics has released guidelines for the restart of organised sport. So, you might be wondering how to take your lockdown running to the next step.

Back in April, we showed you how to run a 5K non-stop – now it's time to go faster. Not sure whether speed work (shorter efforts at a faster-than-normal pace) is for you? Well, it doesn't matter how fast you go – what constitutes 'fast' is relative to your baseline speed. Indeed, every runner who has been training for a couple of months can benefit from speed work. Not only does it tax the anaerobic system by recruiting more fast-twitch muscle fibres, but it also contributes to a more economical running style by boosting cadence (the speed at which your feet turnover) and arm swing, which means it will take less effort for you to run at slower speeds. Hurrah!

Running faster can boost stamina, too. A 2017 study printed in the *Journal of Strength and Conditioning Research* shows that six sprint interval sessions improved endurance and anaerobic running performance in trained runners. What's more, it creates an afterburn effect, so you'll be burning calories even at rest. Want to find out for yourself? Try UK running coach, Wendy Rumble's plan on the opposite page to speed up, fast!



WENDY'S GO-FASTER TIPS

- Do some strides to improve co-ordination and running form. Run over 100m, with a gradual increase in pace from 25 to 95 per cent of your top running speed.
- Effort level – sometimes called the Rate of Perceived Exertion (RPE) – is how hard you feel a workout is. When

running at level 8, you should only be able to say two or three words. Level 10 is a full-on sprint.

- Recover at a slow pace that suits you. This might be a jog or it could even be a walk – you decide.
- A time trial might sound a bit daunting but it's really just a run that's completed

at your best effort – no need to panic!

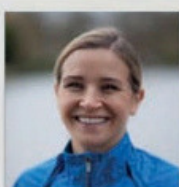
- Strength and conditioning is key to building the strength required to stay injury-free when doing a high-impact activity such as running. You can find some more great exercise suggestions online at womensfitness.co.uk

RUN YOUR BEST 5K

Looking for a new PB? Wendy Rumble, @thebuggycoach running expert, has created the following 5K training plan to help you achieve your best-ever time!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20-min easy run	Pilates/yoga	4 x 100m strides, then tempo run (3 mins run, 1 min recovery) x 5 RPE 7/8	20 mins strength and conditioning	Cross train or home workout	5K run (easy pace)	Rest
WEEK 2	20-min easy run	Pilates/yoga	4 x 100m strides, then tempo run (5 mins run + 2 mins recovery) x 4 RPE 7/8	20 mins strength and conditioning	Cross train or home workout	5K run (4K easy pace and last 1K at an increased pace)	Rest
WEEK 3	30-min easy run	Pilates/yoga	4 x 100m strides, then tempo run (8 mins run + 2 mins recovery) x 3 RPE 7/8	30 mins strength and conditioning	Cross train or home workout	6K run (easy pace)	Rest
WEEK 4	30-min easy run	Pilates/yoga	4 x 100m strides, then 30-min easy run (pace should be conversational)	30 mins strength and conditioning	Cross train or home workout	6K run (last 2K at increased pace)	Rest
WEEK 5	30-min easy run	Pilates/yoga	4 x 100m strides, then tempo run (10 mins run + 2 mins recovery) x 2 RPE 7/8	40 mins strength and conditioning	Cross train or home workout	7K run (easy pace)	Rest
WEEK 6	30-min easy run	Pilates/yoga	4 x 100m strides, then tempo run (10 mins run + 2 mins recovery) x 3 RPE 7/8	30 mins strength and conditioning	Stretching/rest	Strides and 5K time trial	Rest

'Recover at a slow pace that suits you'



Wendy Rumble is a UK running coach who has guided many people from couch to 5K. She runs The Original Buggy Runners Facebook community, promoting freedom to exercise for all parents. For 1-2-1 coaching, visit @thebuggycoach or email wendy@runningbuggies.com

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NUTRITION

Plant power

Be honest, do you eat your greens? While they may not be popular, leafy green vegetables such as spinach and kale are an essential part of a healthy diet because they're packed with vitamins and minerals. Indeed, just one 175g portion of Swiss chard contains 42 per cent of your recommended daily intake of vitamin C. And recent research published in the *Journal of Nutrition* shows they're good for muscle function, too. The study found that people who consumed a nitrate-rich diet, predominantly from leafy green vegetables, had significantly better muscle function of their lower limbs – something that could put them at a reduced risk of falls and fractures. In fact, according to the lead researcher, diets high in nitrate-rich vegetables may bolster your muscle strength independently of any physical activity. Go greens!

EAT BETTER, FEEL BETTER

Want to overhaul your health? Going back to basics is the best way to boost your body and reinvent mealtimes

WORDS: Louise Pyne

Diet trends come and go but when it comes to smart eating, keeping it simple far outranks any fad plan. Following a few sensible food principles can make the biggest difference to how you look and feel. And with the promise of long sun-filled days ahead, the new season is the perfect time to get your diet into gear. Here are our 10 top rules to help you get started right now!

1 LOAD UP ON PROTEIN

Summer salads are a staple of the warmer weather, and a great salad needs a good helping of protein. 'Protein helps to balance blood sugar levels, boost the metabolism, increase satiety hormones and repair bone and muscle mass. Liven up your leaves with barbecue chicken, Asian-style prawns, a perfectly boiled egg or some pan-fried tofu,' says Nicki Williams, nutritionist and founder of Happy Hormones for Life (happyhormonesforlife.com).



2 GO WITH THE SEASONS

When it comes to seasonal foods, you are spoiled for choice during the warmer summer months. From super-sweet strawberries to perfect plums, there's so much to love about British produce. 'Some foods that have been harvested when in season are actually higher in nutrients than those flown in from abroad that are out of season. If you get them locally too, they are more likely to be fresher and cheaper,' adds Williams.

3 DOWNSIZE PORTIONS

Downgrading your portion size is one of the easiest steps to help beat any sluggishness. 'Fill half your plate with vegetables and the rest with protein, healthy fats and complex carbohydrates to get plenty of nutrients, and naturally crowd out foods that are less nutritious,' says Williams.



Photography: Shutterstock

4 UPGRADE YOUR 5 A DAY

For a super health boost, bump up your 5 A Day to nine a day.

It might sound ambitious but there are plenty of easy ways to sneak in extra goodness. 'Add some spinach to your morning eggs, throw a handful of kale into your smoothie, nibble on a mixed leaf salad for lunch and make a veggie casserole for dinner,' shares Williams.



5 RE-STOCK YOUR SPICES

Spices add tons of flavour to food, so you naturally use less oil and salt – and there are plenty of health benefits, too. Cinnamon aids blood sugar balance, turmeric helps to fight inflammation and ginger improves digestion. 'Add these to porridge, smoothies and stews,' recommends Williams.



6 EAT FERMENTED FOODS

If you're suffering with bloating, factoring fermented foods into your diet could help to ease digestive woes. 'Sauerkraut, live yoghurt, kefir, kombucha and miso are all natural probiotics that help your digestive processes and regulate your appetite,' maintains Williams.

7 HAVE AN EARLY DINNER

Pushing dinner forward by just an hour is a simple way to improve digestion and regulate your weight. 'Eating too close to bedtime doesn't give your body a chance to digest your food properly before you lie down. If you eat earlier, your body can digest fully and this can help manage your blood sugar and weight,' says Williams. Ideally, you should aim to eat by around 6:30-7pm every evening.



8 POP AN ALGAE SUPP

Chlorella is a natural and nutritious single-celled green algae food supplement, and it comes with some surprising health perks. Chlorella is a complete protein, which means it packs in all nine essential amino acids. The single-cell green algae product is also a source of vitamin B12, along with iron. It can be taken in tablet or powder form from Sun Chlorella, one of the UK's leading brands (sunchlorella.co.uk).



9 JOIN SOCIAL CHANNELS

If you're stuck in a recipe rut, seek out new food bloggers, healthy chefs and nutritionists to follow on Instagram and other social media channels. 'Social media is a great way to get access to new and exciting recipes for free,' says Williams.



10 STAY HYDRATED

Chugging back water helps to flush out toxins and keeps your skin nice and supple. It's easy to mistake thirst for hunger, so make sure you always carry a bottle of water and take regular sips on the go. 'Hydration is absolutely vital for every cell in the body to work properly. Water helps digestion, detoxification and metabolism. In the warmer months, we sweat more so make sure you're re-filling your water bottle at every opportunity,' advises Williams. ☪

SHAKE UP YOUR DIET

Heard that protein powders could help to keep your weight in check? Here's how upping your intake could keep your fitness goals on track

WORDS: Louise Pyne

Anyone who has ever been on a diet will attest that eating macronutrients in the correct amounts is a big part of the slim-down puzzle. Fine-tuning your intake of carbs, fat and protein is the first step to seeing the number on the scales move in the right direction, and when it comes to protein in particular, it's important to get the balance right.

Protein is essential for so many functions in the body. 'It is found in all cells and tissues within the body, and plays an integral part in helping build and maintain these structures,' explains personal trainer and nutritionist Chloe Bowler (chloebowler.com). 'Protein contains amino acids, which are called

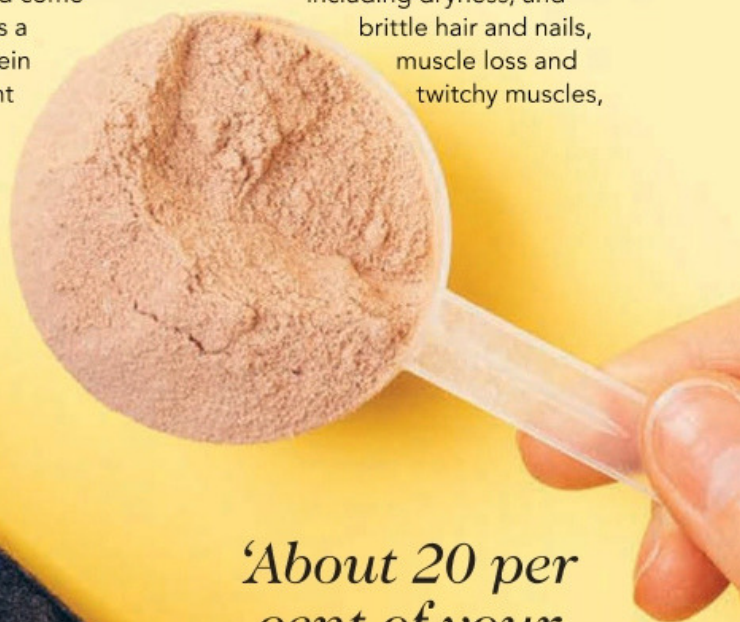
"building blocks", and are used to help in the process of building muscle. Therefore, it is extremely important when it comes to fitness in general as well as weight loss.' This nutrient plays an important role in cell growth, maintenance and repair, and so it's especially important to replenish levels of protein when you exercise.

How much should you have? The amount of protein we need varies from person to person, however, as a general consensus around 20 per cent of your daily calories should come from the macronutrient. 'As a rough guide, 0.75g of protein per kilogram of bodyweight per day for adults is generally accepted,' continues Bowler. 'This would mean that, if you weigh 60kg, you should

include approximately 45g of protein in your daily diet. The majority of adults probably naturally exceed this amount but that's not anything to worry about.'

WHAT HAPPENS IF YOU DON'T GET ENOUGH?

A balanced diet that includes enough protein is very important for overall health, and if you aren't getting enough there are some immediate warning signs to watch out for. The physical symptoms include skin issues including dryness, and brittle hair and nails, muscle loss and twitchy muscles,



'About 20 per cent of your daily calories should come from protein'

and other indicators include low mood (as protein plays a key role in regulating hormones). There are some serious long-term implications as well. 'If you don't take in enough protein through your diet, it can have an adverse effect on your overall health. Your body will, in fact, start to take protein stored in your skeletal muscles in order to utilise protein for its role in the body,' says Bowler. 'This shows how important it is and, if you start using your skeletal-stored protein, you will have muscle wastage.'

On the other hand, chronic overconsumption of protein can result in serious liver and kidney injuries, as well as cardiovascular disease. But it must be noted that you would have to consume a lot of protein over a prolonged period to be at risk, so this isn't something that someone following a balanced diet should worry about.

PICK YOUR PROTEIN

Fortunately, it's easy to increase your intake of protein. Nothing beats a well-balanced diet, and the best sources of protein are meat, fish, tofu, nuts, seeds and

legumes. 'Quinoa and soy beans are two of the most nutritionally beneficial vegetarian sources of protein. Nut butters are high in protein as well as fat, so are a great addition to your diet,' adds Bowler. And if you're following a fitness routine or simply want an extra

dose of protein to help rebuild and repair muscles after exercise, one of the easiest options to supplement your additional needs is through protein powders – just make sure to avoid any powders that contain artificial flavourings.



PERFECT PROTEIN COMBOS

Throw these ingredients in a blender and whizz together for a low-calorie, post-workout smoothie

THE ANTI-INFLAMMATORY COMBO

Turmeric and ginger are anti-inflammatory to help fight post-workout pain

180ml milk + one scoop of protein powder + half an avocado + ¼ tsp ground turmeric + ¼ tsp ground ginger + strawberries

THE BONE BOOSTER

Spinach and dairy are packed with calcium to keep bones healthy

180ml milk + one scoop of protein powder + 50g spinach + 1 frozen banana + 2 tbsp frozen blueberries

THE HYDRATING HERO

Coconut water is super hydrating and tastes great when mixed with summer fruits

180ml coconut water + one scoop of protein powder + 30g watermelon + half a banana + 2 tbsp raspberries

white protein doesn't contain as many fitness or weight-loss benefits as milk proteins, however, it works as a reasonable alternative to whey and casein protein.

SOY

Made from soy beans, soy isolate powders are popular with vegans as soy is one of the few plant-based protein powders that contains all nine essential amino acids.

PEA

Pea protein is derived from split peas. It promotes muscle growth and is best used when combined with another plant-based powder. Pea allergies or intolerances are pretty uncommon,

and pea protein is fairly easy to digest thanks to the processing it goes through.

HEMP

Hemp protein only contains a complete amino acid profile when blended with another vegan protein powder such as brown rice protein. It has a good omega-3 profile to help fight inflammation and fat loss, and is well digested by most people.

BROWN RICE

The extraction process brown rice goes through results in a product that is high in fibre and B vitamins. Combined with another plant powder, it offers a great amino acid profile.

PROTEIN POWER

Take your workout recovery up a gear with these all-natural protein powders



BAREBELLS MILKSHAKE

Throw into your bag for an on-the-go dose of protein. The lactose-free formula contains a whopping 24g of milk protein, and the thick, creamy texture of this fruity

shake is just divine.

£2.49, Holland & Barrett



MY VEGAN SOY PROTEIN ISOLATE

Support your workouts with this soy protein powder.

Containing all the essential amino acids and 27g of protein, the smooth-mixing formula tastes great even just shaken with water, although adding frozen fruit elevates the flavour to a whole new level.

£9.99, myvegan.com



INNERMOST HEALTH PROTEIN

We're big fans of multi-tasking buys, and Innermost's

protein powder gets five stars for its health-boosting formula. Arguably one of the best vegan protein powders available, it also packs in immunity-boosting mushrooms and açai berries to keep you feeling on top form.

£29.95, liveinnermost.com



The most popular protein powders are either based on dairy or plants. Dairy varieties were the number one go-to option for many years thanks to their muscle-building effects, but now a whole slew of vegan protein powders has firmly made its mark in the fitness world. The days when dairy-free alternatives were almost unpalatable in their chalky, sludgy consistency are long gone and there are now plenty of brands that offer delicious-tasting powders just by shaking them with water. Here's our run-down of what the different protein powders offer your health and fitness.

WHEY

Whey protein concentrate is made by extracting the protein component of milk. Whey is a good source of protein but it also contains the milk sugar lactose, which can be difficult to digest

for some people. On the plus side, whey plays a key role in promoting muscle growth and recovery after exercise, and it may boost fat loss. Whey isolate is the most expensive type of dairy protein powder but has a more comprehensive protein profile than whey concentrate.

CASEIN

Like whey, casein is a milk-based protein which is a good source of calcium. It's slowly digested which helps to curb hunger, and it's also thought to stimulate fat loss. Again, it can cause digestive issues such as bloating for some people.

EGG WHITE

Often chosen by people who can't tolerate milk proteins, egg white powders isolate the protein found in egg whites. Nutritionally speaking, egg

'Vegan protein powders have firmly made their mark in the fitness world'

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FAT LOSS



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Electrifying your metabolism and enjoying all-day energy with Meticore is so easy it'll feel like your CHEATING at life, yet it's more important than any diet or exercise on the planet you've ever tried, or you ever will try in your lifetime.

Just take Meticore every morning before breakfast let your own body naturally do the rest while you get on with your day...

By naturally and safely optimizing your core body temperature, you can look forward to waking up to a leaner, healthier, younger and way more energized version of yourself in the bathroom mirror each and every morning...

Without doing a single second of back-breaking exercise, or starving yourself.



100% All-Natural



Vegetarian



Non-GMO



Completely Safe



No Stimulants



Not Tolerance Forming



But before you order, as you've seen in the studies, the experts who have researched these natural ingredients recommend you take Meticore for **at least 90 to 180 days** to ensure you fully address sleeping metabolism and reach your desired weight and **LOCK IN** those results.

So to guarantee the most life-changing results, I'm going to let you order **90 days** worth of Meticore, or **180 days** worth today at an incredible, LIMITED TIME discount. Which will save you even more money on today's special low pricing.

As I said this is special pricing only for **TODAY** or until our limited run of inventory runs out.

The price of our nutrients is rising fast due to demand. And we're selling our current stock very fast. More reason why picking up 90 to 180 days worth of Meticore is the **smart decision**.

Will it work for me?

In a word... YES! There has never been anything else like Meticore in history of weight loss. Meticore is the world's first and only anti-aging nutritional protocol that targets the true cause of unexplained weight gain, and sleeping metabolism.

Meticore is the only product in the world to contain 6 special nutrients in the exact amounts needed for both women and men. Burning fat, restoring your health, and turning back the clock simply could not be easier or more automatic.

What is the best way to take Meticore?

Simply take one Meticore capsule every morning with a glass of water at breakfast. Meticore is going to work with your body to naturally adjust you back into health, and it's going to leave you energized, well-rested, and just overall enjoying life again.

How will Meticore be shipped to me and how quickly?

We will ship your order directly to your home or office using a premium and trusted carrier such as FedEx, DHL or UPS, and if you're in the US or Canada you can expect your order shipped within 5 to 7 business days. International orders typically take 8 – 15 business days (plus customs clearance time).

Will I be billed anything else after I order?

Absolutely not! Rest assured this is a one-time payment only. This is not an auto-ship program of any kind. There are no hidden charges or subscription fees whatsoever. I've always hated that stuff as much as you do!

Try Meticore For Free →

How many bottles should I order?

Research shows it's best to take Meticore consistently for at least 90 - 180 days to experience optimal results and to ensure you reach your desired weight and make sure you lock in your results.

Therefore, we strongly recommend you take advantage of our 3 bottle or 6 bottle discount packages. We're only able to guarantee this special pricing for today or until our limited inventory runs out, and we're selling out of our current stock faster than anyone could have ever anticipated.

The fact is we guarantee you'll never be able to buy Meticore cheaper than today which is another important reason why picking up at least 90 -180 days worth is definitely the smart option.

Is Meticore safe?

Meticore has been taken by thousands of folks with no reported side effects. The only side effect is having to spend money on new tight-fitting sexy clothing!

And Meticore is a lot safer than starvation diets or hours of dangerous high intensity cardio.

All the ingredients are extremely high quality, manufactured at an FDA-inspected, state-of-the-art facility, using the latest equipment and then on top of that they're put through additional third-party inspections and quality control so you can rest assured that Meticore is safe.

And, as always, if you currently have a medical condition or you're taking other prescription medication, you must show a bottle of this to your doctor before you take it, just to be safe.



Visit Our

WEBSITE:

www.meticoreplus.gq





"IT'S NOW OR NEVER, AND I CHOOSE NOW!"

SHE
LOST
42 KG!

Lucy CARTWRIGHT

Lucy Cartwright is a proud mother to two beautiful daughters, but when friends and strangers alike starting asking her when her third baby was due she knew she had a problem. "I wasn't pregnant, just overweight so these questions were a real eye-opener," she recalls.

She was also plagued by feelings of ill-health. "I constantly felt sluggish and tired. None of my old, smaller-sized clothing would fit me any more and, to be honest, I was very unhappy." To try to remedy her situation Lucy had tried various diets but her weight simply yo-yoed, as is so often the case in these situations.

Then, while on a family holiday in Mauritius in May 2015, Lucy decided the time had come to make a meaningful and lasting change to her lifestyle. "I was in paradise but felt extremely uncomfortable in my bikini while on the beach. I had been indulging on the holiday – more than usual – and a lack of exercise had caught up with me. I felt terrible."

Looking back at the pictures from her holiday simply reaffirmed her resolve. "I looked terrible too. I weighed myself there and then, decided what I wanted to weigh, and started to clean up my act." Lucy had set her sights on reaching 73kg

– what she weighed at her wedding. "That is a good, healthy weight for my height as I'm tall. I told myself that it is now or never, and I chose now."

She started exercising and cleaned up her eating. "No more restrictive diets, no more junk food. I changed my lifestyle completely. It wasn't easy, especially cutting out the midnight snacks I had become so accustomed to. This had become my coping mechanism to deal with the depression I felt due to my weight. It was therefore more than just a habit I had to break; I had to deal with the emotional roots of my comfort eating."

However, Lucy says that by working on self-discipline and self-control, and developing a strong mindset she was able to overcome all the challenges that stood in her way. **"I now think and carefully consider everything I eat instead of just eating whatever is in front of me. I therefore plan and prepare my food every day."**

Lucy's commitment to her gym routine was also impressive as it included some form of training 6-7 days a week. "I combined cardio and weight training, and did loads of ab work. However, my main focus was on cardio." With this dedicated approach it wasn't long before she started to see results. "The more I exercised, the better my body became and the better I began to feel. I had forgotten how good it felt to be healthy, and I realised how much I had missed it!"



Lucy's top diet tip

Don't diet – find a healthy eating plan that you can adopt as part of your normal routine – just make sure it is one you can enjoy.

In addition to her own dedication and commitment, Lucy says she received invaluable support and encouragement from her family and close friends throughout the process. "The support and compliments that came from my wonderful husband and my precious daughters ensured that my weight kept heading in the right direction as I desperately wanted to be a healthy, fit mom and a role model to them. A special friend of mine at gym also constantly

supported me and shared her wealth of knowledge with me. She also gave me a push when I needed it."

Lucy says she is now healthier and more confident than ever before. "The fact that I can fit into a size 32 again keeps me motivated to maintain this lifestyle. I've learnt about the importance of eating correctly to lose weight; what the right and wrong foods are to eat, and the importance of exercising to improve my health and vitality. I therefore continue to train, to tone and to firm up some more and maintain my goal weight. It was a tough road for sure, but it is so worth it!"

STATS:

Age: 35
Occupation: Stay-at-home mom, and photographer
Lives: Kloof, KwaZulu-Natal
Weight before: 114kg
Body fat before: 40%
Weight after: 72kg
Body fat after: 23%
Her life now: Married with two daughters
www.facebook.com/lucy.cartwright.739

QUICK FACTS

Favourite healthy meal: Tuna in brine with brown rice cakes, avo and spring onion.
Favourite form of training: Cardio
Must-use supplement: Whey protein shake.



STUDIO PHOTOGRAPHY BY Ben Wyburgh

STRONG SEXY & SLEEK

Don't give up on getting fitter and stronger! Follow part three of personal trainer @LisaFiitt's home shape-up plan

It's no secret that steadily shedding pounds can lead to great results for long-term weight loss. The same goes for strength and fitness gains – slow and steady wins the workout race. Train too hard, too soon and you might end up hurt, injured or demotivated, something which will negatively impact on your consistency. Fortunately, working out consistently is exactly what you'll be doing when following personal trainer Lisa Lanceford's (@LisaFiitt) workout schedule. The Instagram star already provides training plans to subscribers of her Strong and Sxy app (strongandsxy.com) and now she's helping *Women's Fitness* readers like you get into shape, too.

Over the past two months, we've brought you the first instalments of Lanceford's better-body workouts: the Fat Burn, Bums and Tums, Chest and Back, and Arms and Shoulders sessions. 'This month, I'll show you how to sculpt your arms and shoulders by targeting your deltoids, biceps and triceps,' says Lanceford. 'You can expect to burn calories and have your muscles feeling fired up'. Team these moves with Lanceford's previous workouts at womensfitness.co.uk. Time to work towards your summer body goals?

PERFECT PLAN

HERE'S HOW YOU MIGHT FIT THESE WORKOUTS INTO A WEEKLY TRAINING SCHEDULE...

Monday: Fat Burn + 30-min brisk walk or cycle

Tuesday: Legs workout + 30-min brisk walk or cycle

Wednesday: Rest day

Thursday: Chest and Back + 30-min brisk walk or cycle

Friday: Bums and Tums + 30-min brisk walk or cycle

Saturday: Arms and Shoulders + 30-min brisk walk or cycle

Sunday: Rest day



ARMS & SHOULDERS

Do the moves in order, completing three sets of 15 repetitions for each exercise

LAT RAISES ▶

- Stand with feet shoulder-width apart and one foot positioned over the centre of a resistance band.
- Grip each handle, holding both arms down at your sides with palms facing in.
- Raise your arms into the air until you get to shoulder height, all the while keeping a slight bend in your elbows. Slowly lower back down to the start position, then repeat.



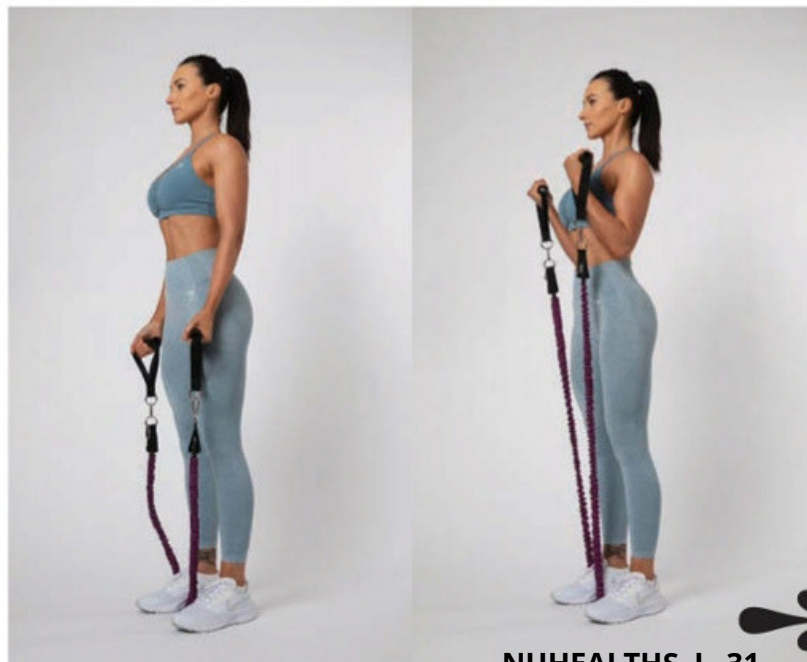
NEGATIVE SHOULDER PRESS ▶

- Stand with feet shoulder-width apart and positioned over the centre of a resistance band.
- Grip each handle and extend your arms to hold the band overhead.
- Lower the resistance band back down, counting for a total of three seconds. Fight against the resistance until your hands are at either side of your ears. Be sure to keep your elbows and wrists in alignment, and don't arch your upper back.
- Exhale as you push your arms back up, making sure not to lock out your elbows. Repeat.



BICEPS CURLS WITH HOLD ▶

- Stand with feet shoulder-width apart and positioned over the centre of a resistance band. Grip the handles with your palms facing forwards.
- Curl the band up to the half-way point at which point your forearms are parallel to the floor. Hold for a second, keeping your elbows tucked in and squeezing your biceps. Curl up again to the top (pictured, far right) and squeeze your biceps.
- Lower your arms back to the start position in a controlled manner, then repeat.



TRICEPS KICKBACK WITH SQUEEZE

- Stand with your feet shoulder-width apart and feet over a resistance band. Bend forward at the hips to approximately, but no more than, 90°.
- Hold the ends of the band in your hands, with your palms facing each other, and bend your elbows so they are tight against your ribs.
- As you exhale, extend your hands behind you by straightening your arms.
- Pause for a second, squeezing the triceps muscles. Bend your elbows again, then repeat.



FAT BURN

Complete all exercises in a circuit format, performing each move for 45 seconds and taking 15 seconds of rest between moves. Do four rounds.

JACK WITH JAB

- Start with your feet together and your hands as fists in front of your chest.
- Jump and spread your legs to shoulder-width apart while simultaneously jabbing both hands out in front of you.
- Jump back to the starting position and bring your hands back in front of your chest. Repeat.

'Even though it's timed, try not to rush through this workout. It's important to get your form right.'



SQUAT JUMP CRAWL-OUT ▶

- Stand with your feet shoulder-width apart and your hands clasped in front of you. Lower into a squat position, engage your core, and then jump up explosively.
- When you land, immediately lower your body back into the squat position. Next, fall forward and lower your hands onto the floor, whilst keeping the legs fairly straight.
- Walk your hands out, keeping the core engaged, until your body is in a plank position. Walk your hands back in again and go straight back into a squat jump, then repeat the entire sequence.



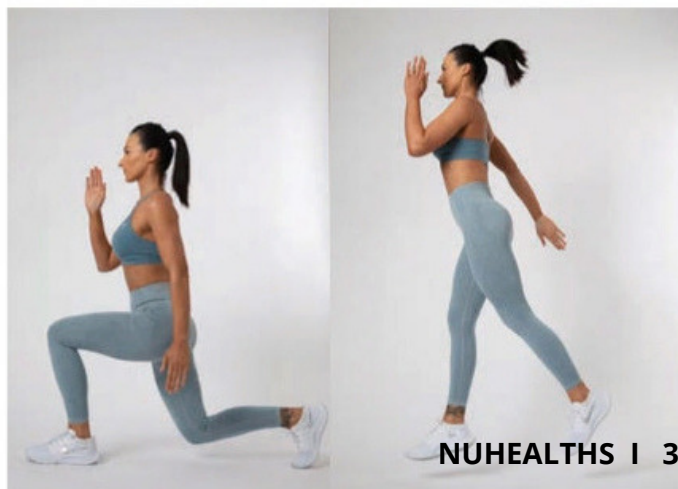
SQUAT JUMP ♥

- Stand with your feet shoulder-width apart and your hands clasped in front of your chest.
- Lower into a squat position, engage your core, and then jump up explosively.
- Land with soft knees, then repeat.



JUMPING LUNGES ♥

- Take a large step back into a lunge position, lowering your hips so that your back knee is just above the floor and your front thigh is parallel to the floor.
- Jump up, switching leg positions mid-air (one leg comes forward; the other leg goes backward).
- Land in a lunge position before jumping again and repeating the sequence. Continue alternating legs for 45 seconds.



Catching up with...

LOUISE THOMPSON

The TV personality, health influencer and fitness entrepreneur explains how she maintains her energy levels to live life to the full

HOW DID LOCKDOWN AFFECT YOUR WORKOUTS?

'Because I couldn't go anywhere, I actually found I could work out more and work even harder on my two businesses, online fitness platform Trtle

(trtle.com) and activewear brand Pocket Sport (pocket-sport.com). I'd never exercised at home before because I thought I had to go to the gym to access the right equipment, but when I discovered just how accessible working out

from home can be, I committed to four or five workouts a week instead of three, as well as hosting workouts for Trtle. Having my community of clients to focus on and engage with was an absolute lifesaver.'

WILL YOUR WORKOUTS CHANGE NOW THAT RESTRICTIONS ARE LIFTING?

'I've got commitments within my own training programme so I will be sticking to at-home workouts, but I'm looking forward to getting back into the gym, doing some classes, and being instructed by other people because I think it's important to always keep learning. We're also hosting running clubs in the park and launching an audio-specific "back to the gym" programme that's like having a personal trainer in your ear. I love



Words: Joanna Ebsworth

having a workout plan to follow but it's not always convenient to keep looking at your screen, so that will be great.'

DID YOUR ENERGY LEVELS TAKE A HIT DURING LOCKDOWN?

'I can't afford to have dipping energy levels, so I take all the necessary steps to avoid that happening by prioritising my health, fitness and nutrition. According to research from California

Almonds, 45 per cent of people were more tired during the pandemic even though they were at home more, and I guess a lot of it was down to poor nutrition. One-in-three people are unaware of the impact that food and nutrition has on our energy levels,

which is astounding to me. When I have kids, I'll be teaching them about healthy eating from day dot because it really does have a huge impact on how we feel.'

WHAT'S YOUR DIET REGIME LIKE?

'I enjoy three big meals a day and I only ever eat healthy snacks in between, because once you fall into an unhealthy snack pattern, it's game over for your blood sugar levels, which makes achieving your fitness goals really hard. I like a high protein diet to fuel my workouts, so almonds are a great snack as a 30g portion contains 6g of plant-based protein in one hit, and they're so satiating. I also don't eat too much sugar and I try to avoid anything that's processed.'

'A high protein diet fuels my workouts'

LOUISE IS CURRENTLY WORKING WITH CALIFORNIA ALMONDS TO HIGHLIGHT THE CONNECTION BETWEEN DIET AND ENERGY LEVELS

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FAT SOLUTION

- PROMOTE FAT LOSS
- SUPPRESS APPETITE
- MOOD ENHANCER



Suggested Use: As a dietary supplement. Take one (1) capsule once a day with water. **Caution:** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 years of age and individuals with a known medical condition should always consult a healthcare professional before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.



Manufactured in the USA from the finest of foreign and domestic ingredients



WEIGHT LOSS SUPPORT!
APPETITE CONTROL †



DIETARY SUPPLEMENT
30 CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin B12 (as Cyanocobalamin)	10mcg	417%
Chromium (as Chromium Picolinate)	35mcg	100%
Meticore Formula Blend	250 mg	
Turmeric (Curcuma longa) Rhizome, African Mango (Irvingia gabonensis) Seed, Ginger (Zingiber officinale) Rhizome, Moringa (Moringa oleifera) Leaf, Citrus Bioflavonoids (from Citrus aurantium Fruit) and Fucoxanthin.		
Other Ingredients: Gelatin (Capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.		

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DROP 5kg *and keep it off!*

Look and feel healthier with our easy five-step diet reset.
You'll soon be bouncing with energy!

You know that being at a healthy weight is good for your heart, joints and overall wellness. It may also help you sleep better and give you more energy. Plus, eating the right balance of whole, fresh foods may even ease anxiety, making you feel calmer.

Let's start off on that journey with a simple five-step diet reset. This isn't a fad regimen – these are simple tips that will lead you to a positive, holistic lifestyle change. Not only will your body be leaner, but you'll also strengthen your health and wellbeing from the inside out. ►



Store
crunchy fresh
vegies on shelves
in the fridge so you
can't miss them
when you open
the door.

STEP 1

GET SET FOR
SUCCESS

TEMPTATION-PROOF YOUR KITCHEN

Start by tossing the treats you simply can't resist overdoing – whether that's biscuits, ice cream, chips or soft drinks. In the pantry, stash healthier fare you want to eat only in moderation (nut butters, healthy muesli bars, popcorn, etc.).

KEEP HEALTHY FOODS IN SIGHT

Put a big bowl of fruit on the counter, store fresh vegetables on fridge shelves instead of hidden in the crisper, and pour whole grains and dried beans into clear jars so you can't miss them.

HAVE GOOD-FOR-YOU
SNACKS AROUND

Grab a handful of raw nuts or fresh berries, and satisfy your sweet tooth with a couple of dates stuffed with almonds.



MAKE BREAKFAST EASY

Cereal or muesli can be an excellent choice for a nutritious breakfast. You're looking for:

- made with wholegrains
- at least 5g of fibre per 100g
- less than 15g of sugar per 100g

CONCOCT A BACK-UP PLAN

We all have nights when we're too tired to cook. Stock your kitchen pantry and freezer with ingredients you can transform into a fast meal – chicken breasts in the freezer for easy defrosting, frozen veg, and microwaveable rice cups in the pantry. Then you can pull together a healthy chicken fried rice like this (left), faster than you can summon Uber Eats.



STEP 2

Shake up the rules EAT ONLY WHEN THE SUN'S UP

Research suggests that allowing at least 12 hours between dinner and the next day's breakfast may help speed up weight loss. Fasting may let you burn through unneeded fat stores faster, or improve the body's ability to use insulin.

Have dinner earlier, or
breakfast later
– or both!

STEP 3

Pick foods that fill you up

Make VEGETABLES THE FOCUS OF YOUR PLATE

Fill half your plate with non-starchy vegetables, such as asparagus, kale, broccoli, cauliflower, spinach, mushrooms, eggplant and carrots. Then divide the remainder of the plate in half and fill each quarter with a serving of lean protein and fibre-rich complex carbohydrates.

Choose CARBS IN THEIR NATURAL FORM

Eat at least four daily serves of minimally processed, fibre-rich carbs, such as wholemeal pasta, grainy bread, brown rice, quinoa and rolled oats. That's as easy as eating 1 cup of wholegrain cereal for breakfast and ½ cup of brown rice with a nutritious dinnertime stir-fry.

Work APPETITE-CURBING PROTEIN INTO EVERY MEAL

Let protein help you stay feeling full for longer – think salmon, tuna, prawns, chicken breast, tofu and eggs. And don't forget to include legumes for an instant protein fix. Fold lentils into rice, black beans into quinoa, or chickpeas or cannellini beans into a healthy vegetable soup. ►

STEP

4

Think ABOUT PORTIONS

Here are some healthy, handy hints to make sure you don't overdo it.

FLIP YOUR DINNERWARE

Serve your dinner on side plates and use dinner plates for salad.

For drinks, use your smallest glasses if you're having juice, and your biggest glasses for water.

These strategies work by tricking your eyes.

Fast fact

Pasta, rice and potatoes that have been cooked and then cooled develop resistant starch – a type of fibre that has a prebiotic effect.



RIGHT-SIZE YOUR SNACKS

Serve nuts in a shot glass, popcorn in a coffee mug, cereal in a teacup and muesli in a ½-cup ramekin. That will help you make sure your snack doesn't become a fourth (or fifth!) meal.

BE FASTIDIOUS ABOUT **FATS**

Even healthy oils like olive oil contain 500kJ (120 calories) per tablespoon. Measure cooking oils by the teaspoon, rather than pouring straight into the pan. Also measure nut butters, like peanut butter, before spreading.

STEP 5

DRINK SMART *Not* SUGARY

Hydrate right

Whether you choose still or sparkling water, drinking more of it can help you eat less. For a flavour kick, spike your water with fruit and herbs, like strawberry and basil, grapefruit and thyme, or blackberry and tarragon.

Watch that latte

The milk in your coffee can add hundreds of unwanted kilojoules (500-600kJ for a regular-sized cup with full-cream milk). Trade up to a large cup and you'll drink in almost 1200kJ. Sugar and sugar-filled

syrups also add hundreds of hidden kilojoules to a cup of coffee. Stick to a regular serve with skim milk and you'll save 150kJ. If you're after a bigger caffeine fix, opt for a double-shot, rather than a double-sized cup.

Rethink juice

Fruit juice has vitamins and minerals, but also packs a load of sugar and kilojoules. Try a green juice made with naturally low-sugar vegetables, like spinach, kale, cucumber and celery, with a splash of fruit juice for half the kilojoules and a third of the sugar. ►

Concoct refreshing mocktails by infusing sparkling water with slices of fruit, herbs and lots of ice. Cheers!

Healthy re-set MEAL PLAN

1
Week

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Avo toast 2 slices soy-linseed toast topped with ¼ avo & chilli flakes. Homemade smoothie made of 1 cup reduced-fat milk & 1 banana	Muesli & yoghurt ½ cup natural muesli, 1 x 170g tub plain reduced-fat yoghurt + 2 kiwifruit	Vegie omelette 2 eggs, ½ zucchini & 10 cherry tomatoes, topped with 20g fetta cheese + 1 skim latte
LUNCH	Chicken salad 100g skinless barbecue chicken breast, 1 cup mixed leaves, ½ cup chickpeas, ½ cucumber & 10 cherry tomatoes, with 20g fetta cheese & a drizzle of balsamic vinegar	Leftover Tuna pesto pasta salad, p126 	Open sandwich 1 slice soy-linseed toast topped with ¼ avocado, 1 x 95g can tuna (drained), 1 sliced tomato a handful of sprouts & 20g fetta cheese + 1 apple
DINNER	½ x Tuna pesto pasta salad, p126 (save leftovers for lunch tomorrow)	Pea & fetta fritters with labneh, p132 	½ x Green bean & lentil salad with dried figs, fetta & herbs, p132 (save leftovers for lunch tomorrow)
SNACKS	• 1 x 170g tub plain reduced-fat yoghurt & 2 passionfruit • 1 cup carrot sticks & 1 tbs tzatziki • 1 hard-boiled egg	• 1 pear & 2 slices cheddar cheese • 1 cup cucumber sticks 	• 1 x 170g tub plain reduced-fat yoghurt & 2 passionfruit • 2 cups plain, air-popped popcorn

Here's a helping hand – two weeks of healthy, balanced meals and snacks to nourish your body and ensure you have the energy to give exercise your all. In our meal plan, based on 6300kJ (1510 calories) a day, you'll be cooking some of the delicious recipes you'll find on our food pages for weeknight dinners, along with easy-to-prepare lunches, dinners and snacks throughout. You won't go hungry – and you'll be discovering new healthy flavours to add to your repertoire. For weeks 3 and week 4, rotate the meal plans for weeks 1 and 2 – and voila! – feel leaner, lighter and more energised!

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Avo toast (see Monday) 	Muesli & yoghurt (see Tuesday) + 2 kiwifruit	Veggie omelette (see Wednesday) + 1 skim latte 	Café-style breakfast 1 slice soy-linseed toast topped with ¼ avo, 1 poached egg & 50g smoked salmon + 1 skim latte
 Leftover green bean & lentil salad with dried figs, fetta & herbs, p132	Tuna & Vita-Weats 6 x Arnott's Vita-Weats, 1 x 95g can tuna (drained), 2 slices reduced-fat cheddar cheese & 1 sliced tomato	Tuna salad 1 x 95g can tuna (drained), 1 cup mixed leaves, ½ cup chickpeas, ½ cucumber, 10 cherry tomatoes & a drizzle of balsamic vinegar + 2 kiwifruit	Chicken wrap 1 wholemeal wrap filled with 100g skinless barbecue chicken, 1 cup lettuce, ½ cup carrot, ½ cucumber & 1 slice cheddar cheese
Steak & vegies 100g beef eye fillet with ½ small roasted sweet potato cooked in 1 tsp olive oil & steamed broccolini	Vegetable frying pan pie, p127	Fish & fried rice 1 barramundi fillet with 1 cup cooked brown rice, ½ carrot & ½ cup broccoli cooked in 1 tsp sesame oil	Pork & vegies 100g pork fillet topped with 1 tsp mustard, baked with ½ cup pumpkin, ½ cup cauliflower & 1 small potato
- Homemade smoothie made of 1 cup reduced-fat milk & 1 cup frozen mixed berries 1 x 170g tub plain reduced-fat yoghurt & 1 pear	1 cup carrot sticks & 1 tbs tzatziki - Homemade smoothie made of 1 cup reduced-fat milk & 1 cup frozen mixed berries	- Homemade smoothie made of 1 cup reduced-fat milk & 1 cup frozen mixed berries 1 x 170g tub plain reduced-fat yoghurt & ¼ cup natural muesli	- Homemade smoothie made of 1 cup reduced-fat milk & 1 cup frozen mixed berries 1 x 170g tub plain reduced-fat yoghurt & 2 kiwifruit ▶

“This meal plan – with busy people in mind – is full of fast, simple meals and snacks to keep you energised, while being light enough to help you lose weight.”

Melissa Meier, APD
Prevention dietitian

2 Week

	MONDAY	TUESDAY	WEDNESDAY	
BREAKFAST	Brekkie smoothie 1 cup reduced-fat milk, 2 tbs yoghurt, ½ cup rolled oats & 1 banana	Ricotta & tomato toast 2 slices soy-linseed toast topped with ½ cup reduced-fat ricotta cheese, 1 sliced tomato & a drizzle of balsamic glaze + 1 skim latte	Cereal & fruit 2 x Sanitarium Weet-Bix with ½ cup reduced-fat milk & 1 sliced banana 	
LUNCH	Tuna salad 1 x 95g can tuna (drained), 1 cup mixed leaves, ½ cucumber, 10 cherry tomatoes, ¼ avo & 20g feta cheese + 2 cups plain, air-popped popcorn	Leftover Sweet & sour broccolini & cannellini bean salad , p129 + 1 cup grapes	Baked beans on toast 2 slices soy-linseed toast topped with 1 x 220g tin reduced-salt baked beans & 20g feta cheese	
DINNER	 ½ x Sweet & sour broccolini & cannellini bean salad , p129	Homemade haloumi & beef burger 1 beef patty, 1 slice of haloumi cheese, 1 tsp chilli jam, 2 tsp mayo & 1 handful rocket on 2 slices soy-linseed toast	½ x Rainbow salmon with ricotta , p125 (save leftovers for lunch tomorrow)	
SNACKS	• 1 x 170g tub plain reduced-fat yoghurt & 1 pear • 1 cup carrot sticks & 1 tbs hummus • 1 slice soy-linseed toast topped with ¼ avo	• 1 x 170g tub plain reduced-fat yoghurt & 2 kiwifruit • 1 cucumber & 1 tbs tzatziki	• Homemade smoothie made of 1 cup reduced-fat milk, 2 tbs plain reduced-fat yoghurt & 2 passionfruit • 30g almonds & 1 cup carrot sticks	



	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Brekkie smoothie (see Monday)	Ricotta & tomato toast (see Tuesday) + 1 skim latte 	Cereal & fruit (see Wednesday)	Avo smash 1 slice soy-linseed toast topped with ¼ avo & 1 hard-boiled egg + 1 skim latte
	Leftover Rainbow salmon with ricotta, p125 	Leftover Chicken, veg & salad (see Thursday's dinner)	Tuna & Vita-Weats 6 x Arnott's Vita-Weats, 1 x 95g can tuna (drained), 2 slices cheddar cheese & 1 sliced tomato	Leftover Silverbeet with spiced chickpeas & almonds , p132
	½ x Chicken, veg & salad 2 grilled skinless chicken thighs, 2 corn cobs & 2 cups mixed leaves with a drizzle of balsamic vinegar (save leftovers for lunch tomorrow)	Salmon & vegies 1 salmon fillet grilled with lemon juice, ½ cup blanched peas & 1 cup roasted pumpkin	½ x Silverbeet with spiced chickpeas & almonds , p132 	 Antipasto chicken pasta , p124
	• 1 x 170g tub plain reduced-fat yoghurt • 1 cup grapes • 2 cups plain, air-popped popcorn	• 1 x 170g tub plain reduced-fat yoghurt & 2 passionfruit • Homemade smoothie made of 1 cup reduced-fat milk & 1 cup frozen mixed berries • 1 cucumber & 1 tbs tzatziki	• 1 x 170g tub plain reduced-fat yoghurt • 2 kiwifruit 	• 1 apple ▶ • 2 kiwifruit 

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with this wonderful
natural formula, without
sacrificing your tastes
and without effort.



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TONE & TORCH FAT *faster*

In addition to your new healthy menu, this workout plan, created by fitness expert Chris Freytag, uses 'eccentric training' (emphasising the lowering portion of a rep) to help you get fit quickly. The technique increases the time your muscles are under tension, which helps boost muscle fibre activation.

For this routine, instead of lifting and lowering for two counts each, you'll double the 'eccentric' phase of an exercise (straightening your arm during a bicep curl) to four counts.

"Each muscle fibre works harder, so you get firmer faster," Chris Freytag explains. A US study found that, after just one week, women who did 'eccentric training' increased their strength nearly twice as much as those who lifted weights at a normal pace. You'll also build more muscle and rev up your metabolism to burn fat faster.

What you'll need

Two sets of dumbbells (1-2kg and 4-5kg); a chair.

WHAT TO DO

Week 1 Do the strength routine each day, alternating between Workout A (for your chest, back and abs) and Workout B (for your arms, legs and butt).

Week 2 Follow the same schedule but challenge yourself during the strength routine by trying the Make It Harder options for each exercise.

THE STRENGTH ROUTINE

A

HIP DROP

Lie facedown, balancing on your elbows, forearms and toes; abs tight.

Slow IT DOWN Twist to right and lower right hip to floor in 4 counts. (Keep back straight.) Raise to start position in 2 counts. Repeat to left. Do 8 to 10 times each side.

Make it HARDER (Week 2): Do 12 to 15 times each side.



BEACH BALL HUG

Lie face up, dumbbells above chest, elbows slightly bent, palms in. Raise left leg so shin is parallel to floor.

Slow IT DOWN Lower arms out to sides in 4 counts as you straighten left leg, keeping foot off floor. In 2 counts, pull knee back in and raise arms, squeezing chest muscles as if you're hugging a beach ball. Do 6 times; repeat with right leg.

Make it HARDER (Week 2): Raise both feet off the floor.



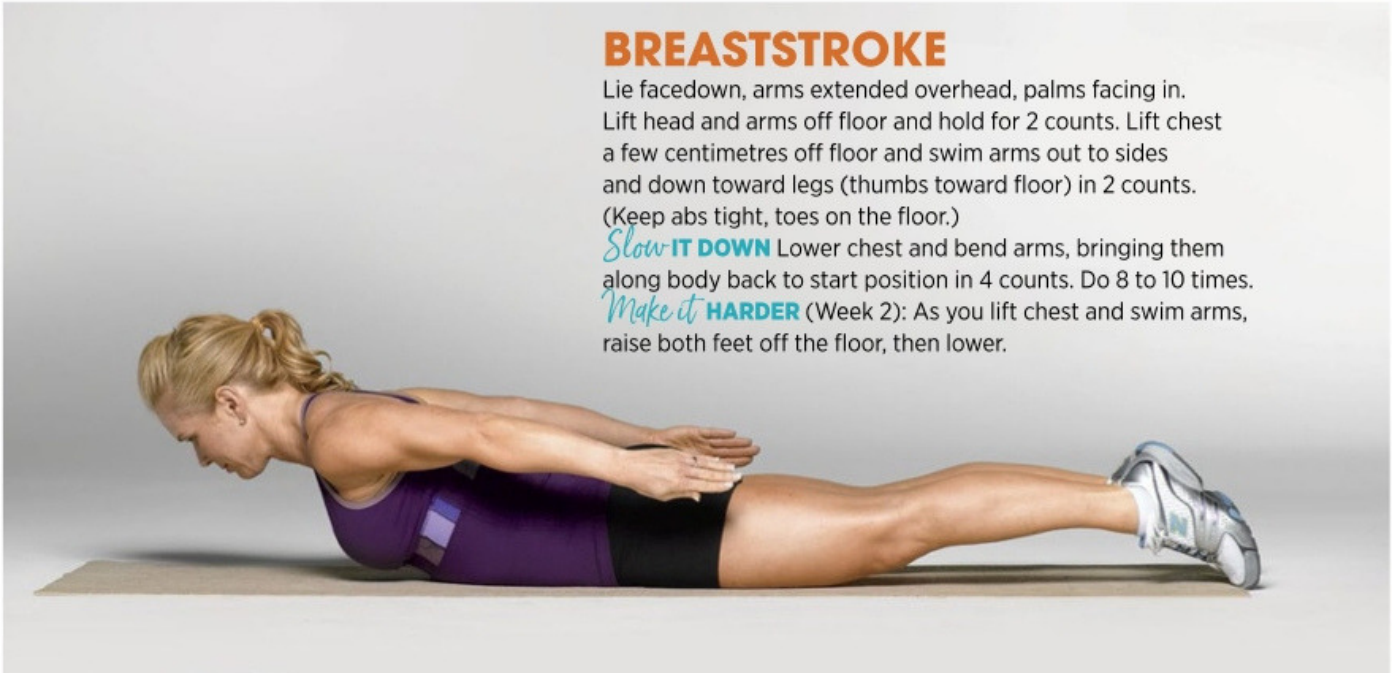


FULL BODY ROLL-UP

Lie face up, legs extended, arms overhead, palms facing each other. Raise arms toward feet; pull abs in; roll head, shoulders and back off the floor; and reach toward toes in 4 counts.

Slow IT DOWN Roll back down to floor one vertebra at a time, taking about 6 to 8 counts to lower.

Make it HARDER (Week 2): Hold a light weight (1-2kg) in both hands.



BREASTSTROKE

Lie facedown, arms extended overhead, palms facing in. Lift head and arms off floor and hold for 2 counts. Lift chest a few centimetres off floor and swim arms out to sides and down toward legs (thumbs toward floor) in 2 counts. (Keep abs tight, toes on the floor.)

Slow IT DOWN Lower chest and bend arms, bringing them along body back to start position in 4 counts. Do 8 to 10 times.

Make it HARDER (Week 2): As you lift chest and swim arms, raise both feet off the floor, then lower.



READ THE PAPER

Sit with knees bent, heels on floor, arms in front of body, as if holding a closed newspaper.

Slow IT DOWN Roll back halfway down to floor and twist to left in 4 counts, as if opening the paper on left side. Pull yourself up to start position in 2 counts. Repeat on right side. Do 8 to 12 times on each side.

Make it HARDER (Week 2): Hold a light weight (1-2kg) in each hand. ►

PLIÉ WITH BICEPS CURL

Stand with feet wide, toes out, dumbbells by thighs, palms forward. Bend knees and lower for 2 counts, as you curl weights toward shoulders.

Slow IT DOWN Squeeze glutes and inner thighs as you stand up and straighten arms in 4 counts. Do 8 to 12 times.

Make it HARDER (Week 2): Use heavier weights.



FORWARD LUNGE & RAISE THE ROOF

Stand with feet together, dumbbells overhead, palms forward.

Slow IT DOWN Step right foot forward and bend both knees as you lower weights toward shoulders in 4 counts. Stand up to start position, pressing weights overhead in 2 counts. Do 8 to 12 times; switch legs.

Make it HARDER (Week 2): Swing left knee forward to hip height as you stand up.



Pick a HAND WEIGHT

Feeling inspired to start working out at home and try the routines here? We've found some funky, fun weights that you can happily park in the corner of your living room between workout sessions.

BALA BANGLES

If you don't love the idea of having to hold onto a weight for your whole routine, try wrist weights like Bala Bangles. They don't limit your range of motion – plus they're stylish and comfortable to wear.

\$79.80, [amazon.com.au](https://www.amazon.com.au)



PILATES & TONING DUMBBELLS TWIN-PACK

Start off light and easy with these 0.5kg weights from Decathlon. These colourful dumbbells won't roll away when you put them down and they're simple to clean.

\$6, [decathlon.com.au](https://www.decathlon.com.au)





SQUAT WITH STRAIGHT ARM PRESSBACK

Stand with feet about 10cm apart, dumbbells at sides, palms facing behind you.

Slow IT DOWN Sit back, keeping weight over heels, as arms swing forward toward knees for 4 counts. Stand up in 2 counts while pressing weights behind you. Do 8 to 12 times.

Make it HARDER (Week 2): Lift left leg back and squeeze glutes as you stand; switch legs halfway through set. ►

*Try
this*

Slow down your weights routine and you'll build more muscle and get stronger. You'll also burn fat faster.



CELCIUS YBELL

The 4-in-1 hybrid YBell will not only be useful for these dumbbell exercises, but it doubles as a kettlebell or medicine ball. Rust-resistant and non-slip, it comes in different sizes and works both indoors and out. **From \$49.99, rebelsport.com.au**



MB ACTIVE BY MICHELLE BRIDGES 12KG DUMBBELL WEIGHTS SET

Give yourself a little variety with this weights set from Michelle Bridges' Big W range. Colour-coded by weight, this set allows you to work your way up to new levels as you get stronger without having to buy more equipment. **\$49, bigw.com.au**



HART JOGGING AEROBIC WEIGHT 2KG

With a contoured handle for extra grip, these weights will work for your strength training routine or to add some extra oomph to your next walk. **\$9, hartsport.com.au**

THE STRENGTH ROUTINE

Pump it up!

Music can help you exercise harder, better, faster, stronger. We asked leading Aussie fitness gurus to share what's on their workout playlists.

Elsa Pataky

co-creator of fitness app Centr
with husband Chris Hemsworth

- *Stronger* – Kanye West
- *Can't Hold Us* – Macklemore & Ryan Lewis (featured artist Ray Dalton)
- *Bad Blood* – Taylor Swift (featured artist Kendrick Lamar)
- *Run the World (Girls)* – Beyoncé
- *Roar* – Katy Perry

Michelle Bridges

creator of 12-week health program 12WBT

- *Blinding Lights* – The Weekend
- *Rhythm of the Night* – Sean Finn & Corona
- *Free Your Body* – Chris Lake & Solardo
- *Break the Rules* – Charli XCX (Tiesto remix)
- *Shut Up and Dance* – Walk The Moon

Sam Wood

founder of 28 by Sam Wood

- *Kickstart my Heart* – Mötley Crüe
- *Robot Rock* – Daft Punk
- *Hells Bells* – AC/DC
- *Starboy* – The Weekend
- *Power* – Kanye West

Lauren Hannaford

presenter of FHIT by Lauren Hannaford

- *Nothing Like This* – Blonde & Craig David (Chris Lake remix)
- *On Bended Knee* – Boyz II Men (RobbieG remix)
- *The Girl is Mine* – 99 Souls (featured artists Destiny's Child & Brandy)
- *Giant* – Calvin Harris & Rag'n'Bone

Tiffany Hall

founder of TIFFXO.com

- *XO* – Beyoncé
- *Uptown Funk* – Mark Ronson (featured artist Bruno Mars)
- *Kiss My Fat Ass* – Sheppard
- *Best Life* – Koyotie
- *Jackie Chan* – Tiësto & Dzeko

B

TIP IT OVER

Stand with dumbbell in left hand at side, right hand on chair for balance.

Slow IT DOWN Keeping spine straight and abs tight, lean forward in 4 counts, and lower left arm while lifting left leg. Stand up in 2 counts, while doing a biceps curl and raising left knee in front. Do 8 times; switch sides.

Make it HARDER (Week 2): Use a heavier weight and skip the chair.



CURTSY LAT RAISE

Stand with feet together, dumbbells at sides, palms in.

Slow IT DOWN Cross right leg behind left, bend knees, and lower as you raise right arm out to side in 4 counts. (Keep left knee over ankle and facing forward.) Stand up to start position and lower arm in 2 counts. Do 8 to 12 times; switch sides.

Make it HARDER (Week 2): As you stand up, lift right leg out to side. Skip the chair. **2**



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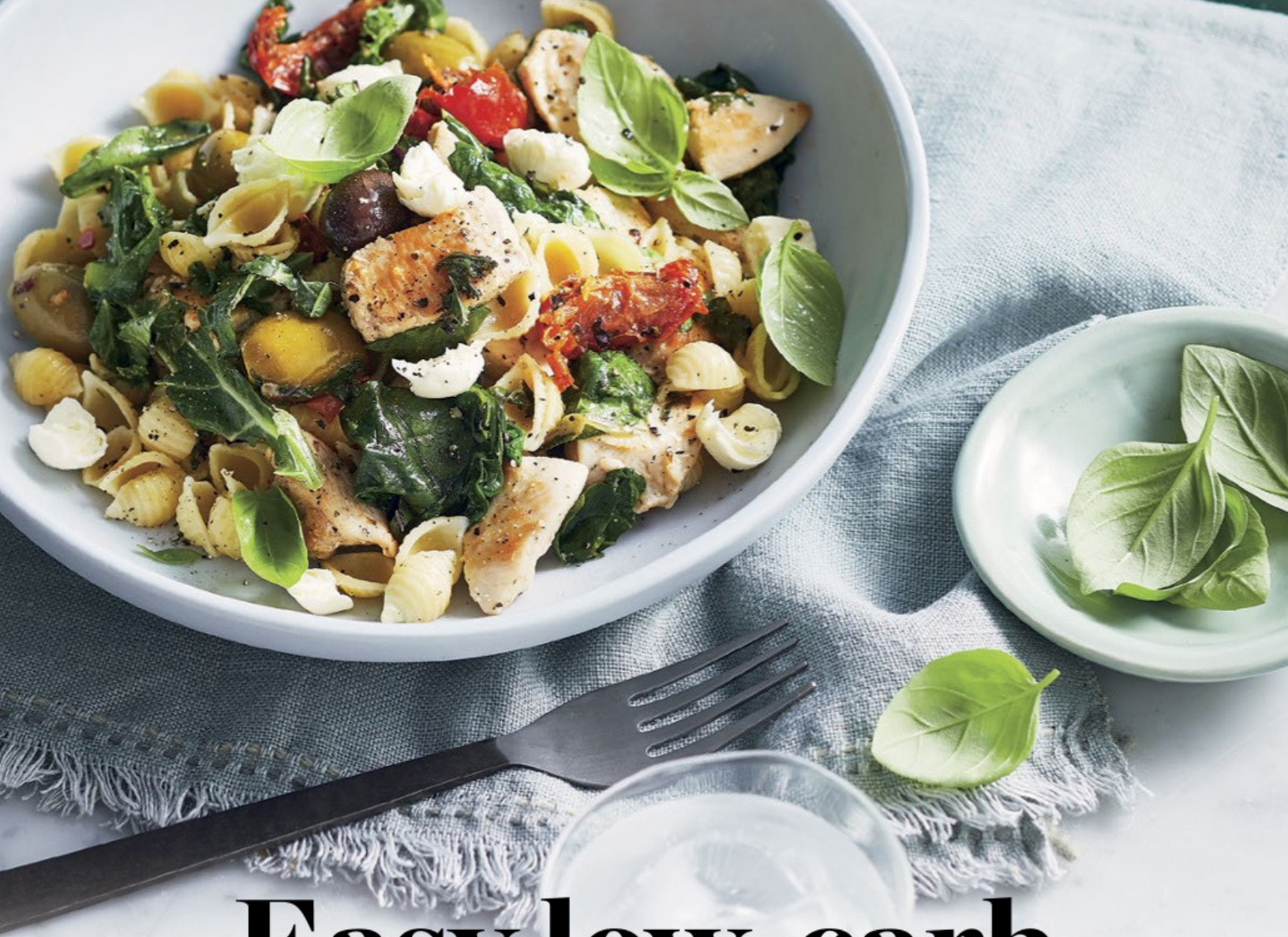


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Easy low-carb dinners

These light, healthy meals won't have you slaving long and hard in the kitchen – proof that simplicity can be delicious!

ANTIPASTO CHICKEN PASTA

SERVES 4 HANDS-ON TIME 10 minutes
COOK TIME 15 minutes

120g small dried low-GI or wholemeal pasta shells
400g lean chicken breast fillet, diced and seasoned with pepper
1 x 120g packet chopped mixed kale mix
100g mixed Tuscan antipasto, roughly chopped
100g baby bocconcini, torn
1 cup small basil leaves

1. Cook the pasta in a large saucepan of boiling water for 8-10 minutes or until just tender.

Drain, reserving $\frac{1}{2}$ cup (125ml) of the cooking water. Meanwhile, heat a large, deep, non-stick frying pan over high heat. Add the chicken and cook, stirring occasionally, for 8-10 minutes or until golden and cooked through.

2. Add kale mix and antipasto to the chicken. Cook, tossing, for 1-2 minutes or until the kale starts to wilt, adding a little reserved cooking water to loosen, if needed. Divide among serving bowls. Top with bocconcini and basil and sprinkle with black pepper.

NUTRITION (per serve) 1315kJ/315 cal. Protein 31.8g. Carbs 21.9g. Sat fat 4.2g. Fibre 4.4g. Sodium 361mg.

RAINBOW SALMON WITH RICOTTA

SERVES 4 HANDS-ON TIME 15 minutes
COOK TIME 10 minutes

*120g small dried low-GI or wholemeal
elbow macaroni*
*400g drained tinned red salmon, broken into
chunks (see note)*
2 tablespoons chilli and garlic pesto
1 x 375g packet simply stir-fry rainbow vegetables
440g reduced-fat fresh ricotta
finely grated zest and juice of 1 large lemon

1 Cook the macaroni in a large saucepan of boiling water for 8-10 minutes or until just

tender. Drain, reserving $\frac{1}{2}$ cup (125ml) of the cooking water. Transfer to a large bowl.

2 Add the remaining ingredients and gently toss to combine, adding a little of the reserved cooking water to loosen, if needed. Season with freshly ground black pepper and serve.

Note: Because you will be draining off quite a bit of liquid (which adds weight to the tins of tuna), you will need 2 x 415g tins of salmon to have the required quantity for this recipe. Store the leftover salmon in an airtight container in the fridge for up to 3 days.

NUTRITION (per serve) 1772kJ/424 cal. Protein 36.3g. Carbs 23g. Sat fat 5.3g. Fibre 6.8g. Sodium 247mg.



TUNA PESTO PASTA SALAD

SERVES 4 HANDS-ON TIME 15 minutes

COOK TIME 10 minutes

*120g dried low-GI or wholemeal spaghetti,
broken into 3-4 cm lengths*
2 zucchini, halved lengthways, sliced
1 bunch broccolini, trimmed, stalks halved
400g drained tinned tuna in springwater (see note)
2 tablespoons fresh basil pesto
finely grated zest and juice of 1 lemon
100g parmesan, grated
250g cherry tomatoes, halved

1 Cook the spaghetti in a large saucepan of boiling water for 6 minutes. Add the zucchini

and broccolini and cook for a further 2 minutes. Drain, reserving $\frac{1}{2}$ cup (125ml) of the cooking water. Transfer to a large bowl.

2 Add the remaining ingredients to the bowl and toss to combine, adding some of the reserved cooking water to loosen, if needed. Season with freshly ground black pepper and serve warm.

Note: Because you will be draining off quite a bit of liquid (which adds weight to the tins of tuna), you will need 2 x 425g tins of tuna to have the required quantity for this recipe. Store the leftover tuna in an airtight container in the fridge for up to 3 days.

NUTRITION (per serve) 1790kJ/428 cal. Protein 41.2g.
Carbs 22.3g. Sat fat 6.7g. Fibre 6.6g. Sodium 724mg.



VEGETABLE FRYING-PAN PIE

SERVES 4 **HANDS-ON TIME** 15 minutes

COOK TIME 20 minutes

2 tablespoons olive oil
1 x 400g packet traditional vegetables stir-fry mix
8 x 55g eggs
200ml low-fat milk
4 x 35g slices multigrain bread, cut into 2cm pieces
60g aged cheddar, crumbled

1 Heat the oil in a large, deep frying pan with a flameproof handle over high heat. Add the vegetables and cook, stirring occasionally, for 5 minutes or until golden and heated through.

2 Whisk together the eggs and milk, then season with freshly ground black pepper. Pour over the vegetables in the pan. Reduce the heat to medium-low. Cook, stirring gently, for 2 minutes, then leave to cook untouched for 8 minutes or until the egg has set but is still a little wet on top. Heat the oven grill to high.

3 Combine the bread and cheese in a bowl, then sprinkle over the egg mixture. Place under the grill for 3-5 minutes or until the egg is set and the top is golden and crispy. Take to the table and serve straight from the pan.

NUTRITION (per serve) 1717kJ/411 cal.

Protein 24.9g. Carbs 17g. Sat fat 7.7g.

Fibre 5.7g. Sodium 455mg.



Recipes extracted from
*The CSIRO Low-Carb Diet
Quick & Easy* by Professor
Grant Brinkworth and Dr
Pennie Taylor. Pan Macmillan
Australia, RRP \$34.99.





Are supplements good for weight loss?

Diet and exercise are the basic tools to keep the scales off the scale. Dietary supplements or pills do not work magic, they only support the effort.



HOW TO USE THEM?

"If the aim is to burn fats and sugars and enhance a slimming diet, two capsules should be taken before the main meals, says the expert. In this way, you can reduce the calories ingested by up to 30%. But be careful, this does not mean that you can eat unlimited cake. We insist, it is an aid, not a miracle. As for the active ingredients designed to drain and lose volume, "the ideal is to ingest them throughout the day, especially if they are powders

or ampoules, diluted in a liter of water; but we must be careful with the doses to avoid demineralization of the body, especially in summer or when doing any strong physical activity. Finally, "if we are looking for a satiating action and to calm hunger, the preparations, usually fiber capsules that double or triple their volume in the stomach, should be taken half an hour before the main meals in order to "fill" the stomach and prevent us from overeating".

Fortunately for consumers, European legislation is very strict regarding food preparations and slimming pills, and all those offered in pharmacies and parapharmacies are perfectly safe for consumption. "However, according to the expert, you must strictly follow the indications of each manufacturer, and consult their ingredients and active ingredients,

THE CONCLUSION

"Four are the basic actions of slimming preparations, which can come together or separately. One, to burn or absorb the fats in food; two, to capture the sugars in food and thus reduce the calories ingested; three, to help the body to drain liquids and toxins, which causes volume loss and contributes to deflate the abdomen or legs; four, a satiating effect that prevents anxiety and calms hunger," explains nutritionist Adela G. Méndez.

Adela G. Méndez is a well-known nutritionist from Spain with more than 15 years of experience, consultant of the most important magazines in Latin America and Europe.



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